

## Library and Knowledge Services

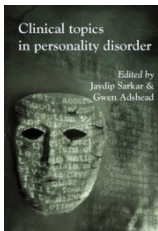
# Personality Disorders

A selection of books from the four Trust libraries

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### Clinical Topics in Personality Disorders

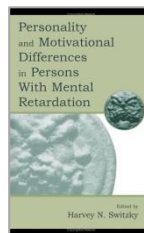
Jaydip Sarkar, Gwen Adshead



This book covers the nature of personality disorders, assessment, diagnosis and classification, management and a broad range of therapies and approaches. Systematic, authoritative and well-referenced accounts of 20 key clinical topics relating to personality disorder are presented.

### Personality and Motivational Differences in Persons with Mental Retardation

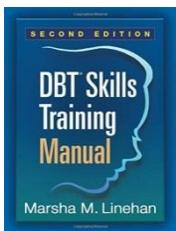
Harvey N Switzky (Ed.)



A sampling of new directions in research including work on self-determination theory and practice; decision making; direct and indirect effects of genetic mental retardation syndromes on personality; personality and psychopathology in genetic mental retardation syndromes.

### DBT Skills Training Manual

Marsha M Lineham

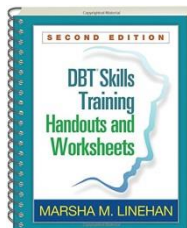


This book gives complete instructions for orienting individuals with a wide range of problems to DBT and teaching them mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance skills. Handouts

and worksheets are included separately in *DBT Skills Training Handouts and Worksheets* book.

### DBT Skills Training Handouts and Worksheets

Marsha M Lineham



Featuring more than 225 user-friendly handouts and worksheets, this is an essential resource for clients in dialectical behavior therapy (DBT) skills training groups or individual therapy. All of the handouts and

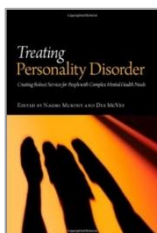
worksheets discussed in Marsha M. Lineham's *DBT Skills Training Manual, Second Edition*, are provided, together with brief introductions to each module written expressly for clients.

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## Treating Personality Disorder

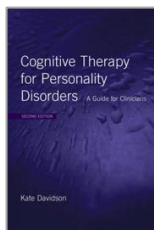
Naomi Murphy and Des McVey (Eds.)



This book considers personality disorders and how they are treated within the institutional context of prisons and hospitals and offers practical guidance on assessment, formulation and integrated treatment planning.

## Cognitive Therapy for Personality Disorders

Kate Davidson



This book provides a thorough description of how to apply cognitive behavioural therapy to patients who are traditionally regarded as being difficult to treat: those with borderline personality disorders and those with antisocial

personality disorders.

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## Breaking the Cycle of Rejection: The Personality Disorder Capabilities Framework

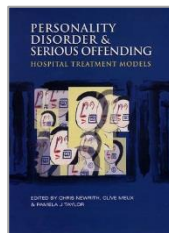
National Institute for Mental Health in England



This document has been produced by NIMHE, highlighting some of the capabilities, appropriate to interactions with people with personality disorder, required within services, by staff at all levels of their careers.

## Personality Disorder and Serious Offending: Hospital Treatment Models

Clive Meux and Christopher Newirth (Eds.)

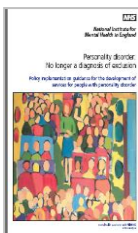


Evidence-based and entirely comprehensive in its approach, practitioners will find Personality Disorder and Serious Offending both a practical and insightful adjunct that will assist them in their their work.

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## Personality Disorder: No Longer a Diagnosis of Exclusion

National Institute for Mental Health in England

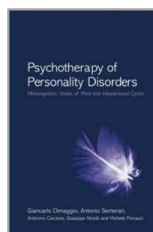


Policy implementation guidance for the development of services for people with personality disorder. The purpose of the Guidance is: to assist people with personality disorder who experience significant distress or difficulty to access

appropriate clinical care and management from specialist mental health services.

## Psychotherapy of Personality Disorders: Metacognition, States of Mind and Interpersonal Cycles

Giancarlo Dimaggio and Antonio Semerari

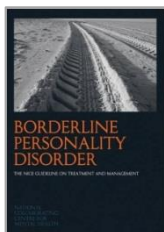


An accurate description of the problems associated with personality disorders can lead to psychotherapists providing better treatment for their patients, alleviating some of the difficulties associated with handling such disorders.

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## Borderline Personality Disorder: The NICE Guideline on Treatment and Management

NICE

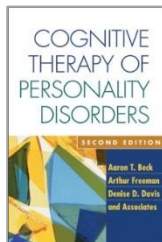


Personality disorder now accounts for a substantial portion of the workload of most community mental health teams in the UK and borderline personality disorder is associated with significant functional impairments for the

individual. The NICE guideline takes the first comprehensive view of the disorder and is an important resource for healthcare professionals to improve people's long-term outcomes. Recent years have seen an exponential rise in available treatments for personality disorder and the guideline on borderline personality disorder covers the available evidence on all of those interventions.

## Cognitive Therapy of Personality Disorders

Aaron Beck and Denise D. Davis, et al (Eds.)



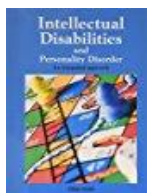
This important work presents a cognitive framework for understanding and treating personality disorders. In one volume, Aaron T. Beck and his distinguished co-authors offer both a comprehensive overview of

scientific knowledge and a detailed guide to individualized treatment. Part I lays out the conceptual, empirical, and clinical foundations of effective work with this highly challenging population, and Part II describes the process of cognitive-behavioral therapy for each of the specific disorders.

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## Intellectual Disabilities and Personality Disorders: An Integrated Approach

Zilah Webb



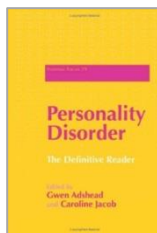
This book aims to give staff a framework for understanding and addressing the problems that arise when an individual has both learning disabilities and personality disorder.

After reading this book, staff will have a good understanding of what personality disorder is, how to recognise it and some of the possible causes. They will learn how personality disorder is shaped by an individual's intellectual disability and the types of difficulties this will lead to.

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## Personality Disorder: The Definitive Reader

Gwen Adshead, and Caroline Jacob



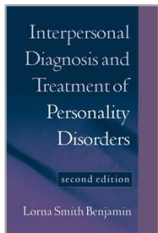
This book offers a comprehensive and accessible collection of papers that will be practically useful to practitioners working in secure and non-secure settings with patients who have personality

disorders. This book brings together fourteen classic papers, which address the impact that working with personality disorder patients can have on staff.

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## Interpersonal Diagnosis and Treatment of Personality Disorders

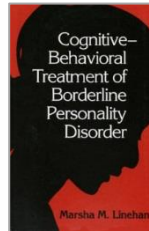
Lorna Benjamin Smith



Updated to take into account recent developments in social work effectiveness research, psychotherapy and clinical psychology, author makes a case for the greater use of these therapies in full recognition of the pressures under which social workers have to operate.

## Cognitive Behavioural Treatment of Borderline Personality Disorder

Marsha M Linehan

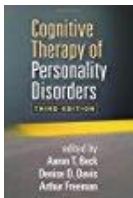


Representing a comprehensive, integrated approach to therapy, this is the first volume to provide strategies proven effective in controlled treatment trials

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## Cognitive Therapy of Personality Disorders

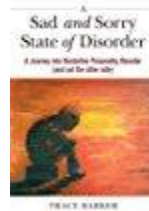
Aaron T. Beck



This widely used practitioner resource and training tool is the definitive work on understanding and treating personality disorders from a cognitive-behavioral therapy (CBT) perspective.

## A Sad and Sorry State of Disorder

Tracy Barker

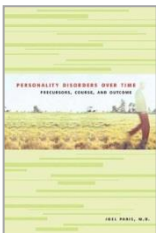


Based on her own experience of living with BPD, Tracy Barker shares how she has learned to manage the condition and live a full life.

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## Personality Disorders Over time: Precursors, Course and Outcome

Joel Paris

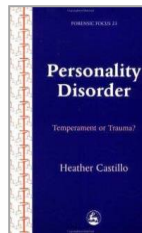


In Personality Disorders Over Time: Precursors, Course, and Outcome, Joel Paris, M.D., proposes a better approach—one based on management rather than cure—that he developed while following a group of patients with borderline

personality disorder (BPD) for over 25 years.

## Personality Disorder: Temperament or Trauma?

Heather Castillo

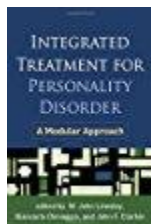


Drawing on extensive research carried out in conjunction with service users, Heather Castillo seeks to emphasise the need for health professionals to reassess their approach to the condition and allows those with PD to effectively define themselves and their illness.

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## Major Theories of Personality Disorder (E-book)

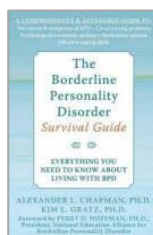
Mark Lenzenweger and John F Clarkin (Eds.)



Rather than arguing for one best approach for treating personality disorder, this pragmatic book emphasizes the benefits of weaving together multiple well-established intervention strategies to meet each patient's needs. A framework is provided for constructing a comprehensive case formulation, planning treatment, and developing a strong therapeutic alliance.

## The Borderline Personality Disorder Survival Guide

Alexander L Chapman and Kim L Gratz



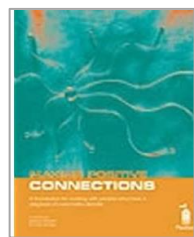
This compassionate book offers people with BPD a detailed guide to the disorder and a point-by-point plan to the treatment and condition-management process. The book is organized as a series of answers to questions

common to BPD sufferers: What is BPD? How long does it last? What other problems co-occur with BPD? Overviews of what we currently know about BPD make up the first section of the book

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## Making Positive Connections: A Foundation in Working with People Diagnosed with a Personality Disorder

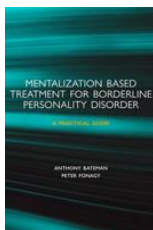
Annette Duff, Barbara Meredith, Kim Woodbridge



This book brings together information on selected issues including: self-harm, aggression; self-awareness and client awareness. The training sessions are used to guide participants in the use of a workbook (which constitutes the majority of this resource) and to provide support, guidance and opportunities for discussion and feedback. This resource can also be used by individuals who want to take advantage of the support guidance.

## Mentalization-Based Treatment for Borderline Personality Disorder: A Practical Guide

Anthony Bateman Peter Fonagy

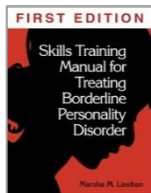


Mentalizing - the ability to understand oneself and others by inferring the mental states that lie behind overt behavior - develops during childhood within the context of a secure attachment relationship. It is crucial to self-regulation and constructive, intimate relationships. Failure to retain mentalizing, particularly in the midst of emotional interactions, is a core problem in borderline personality disorder and results in severe emotional fluctuations, impulsivity, and vulnerability to interpersonal and social interactions.

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## Skills Training Manual For Treating Borderline Personality Disorder: Diagnosis and Treatment of Mental Disorders

Marsh M Lineham

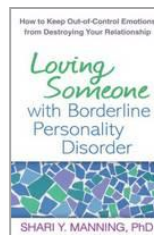


This session-by-session treatment manual demonstrates how clinicians can teach patients four essential psychosocial skills: mindfulness, interpersonal effectiveness, emotional regulation, and distress

tolerance.

## Loving Someone with Borderline Personality Disorder

Shari Y. Manning

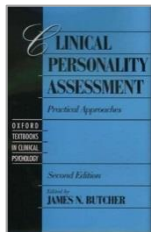


BPD expert Dr. Shari Manning helps overwhelmed loved ones understand why their spouse, adult child, or other family member acts so "impossible" - and learn to respond differently.

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## Clinical Personality Assessment: Practical Approaches

James N. Butcher



This second revised edition has been updated to include several new topics, such as psychophysiological methods in assessing emotions, assessment of clients' marital satisfaction, behavior genetic considerations in personality

assessment, and assessment of suicide risk.

## Betty Blue

Philippe Djan

(translated from the French by H Buten)

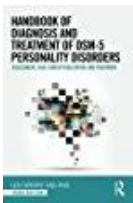


A narrative of a story of a relationship between a handyman (Zorg) working in France and a young woman who is beautiful, wild and unpredictable. The plot centres on mental illness, a destructive relationship, and obsession.

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## Handbook of Diagnosis and Treatment of DSM-5 Personality Disorders

Len Sperry



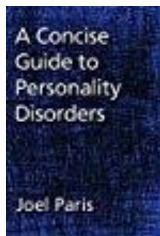
This new edition is a hands-on manual of the most current and effective, evidence-based assessment and treatment interventions for these challenging disorders.



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## A Concise Guide to Personality Disorders (e-Book)

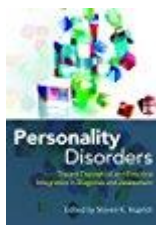
Joel Paris



Clients with personality disorders (PDs) present special challenges to clinicians. This book reviews what we know and what we don't know about PDs, and what this implies for clinical practice.

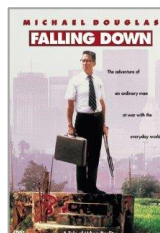
## Personality Disorders: toward theoretical and empirical integration in diagnosis and assessment(e-Book)

Stephen K Huprich



What are personality disorders? This groundbreaking text offers a comprehensive and provocative tour of a field that is ripe for integration.

# DVDs



### Falling Down

(Personality disorders)

William (D-FENS), an unemployed defence worker, is frustrated with the various flaws he sees in society, begins to psychotically and

violently lash out against them.



### Girl, Interrupted

(Borderline personality disorder, suicide)

Susanna is like a lot of American teenagers – confused, insecure, and struggling to make sense of the rapidly changing world.

In hospital with borderline personality disorder a group of offbeat women become her closest friends.

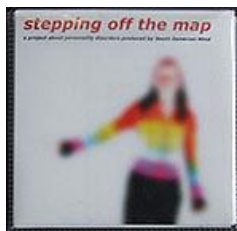


### Black Swan

(Hallucinations, psychotic disorder, personality disorder, self-injurious behaviour)

Nina is a talented but unstable ballerina whose life is consumed with dance.

She lives with her obsessive, former ballerina, mother who exerts a suffocating control over her. Nina has competition from another dancer. As they expand their rivalry into a friendship, Nina's grip on reality starts to slip away.



### Stepping Off the Map

(Personality disorders, art therapy)

This informative DVD is the result of

a project run by South Somerset Mind. It presents a wealth of information about Personality Disorders through the use of spoken word, text, artwork created by service user members of the project, and soothing music

## CWPT Library and Knowledge Services

### Education Centre Library

St Michael's Hospital,  
Warwick

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### Brian Oliver Library

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Marston Green

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### Health Sciences Library

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### Manor Court Library

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